

RECREATION & PARK SERVICES DEPARTMENT

# NORWALK BOXING CLUB

AT THE NORWALK ARTS & SPORTS COMPLEX  
(13000 CLARKDALE AVE.)



## YOUTH SCHEDULE (8-17 yrs)

M-TH: 4 - 6:30 p.m.

F: 4 - 6 p.m.

SAT: 9 a.m. - 12 p.m.

*CLASS STRUCTURE WITH INSTRUCTION.*

*M-F: FIRST 30 MIN IS CARDIO ONLY.*

## ADULT SCHEDULE (18 yrs+)

M-TH: 6:45 - 8:30 p.m.

F: 6 - 8 p.m.

SAT: 9 a.m. - 12 p.m.

*DROP-IN STYLE PROGRAM.*

*BOXING COACHES ON HAND, IF NEEDED.*

**\$50 (RESIDENT) OR \$75 (NON-RESIDENT)**

**FOR MORE INFORMATION, PLEASE CALL (562) 929-5566.**